

Name

Block

<i>Food:</i>	
Fats (grams)	
Carbohydrates (grams)	
Protein (grams)	
Calories from Fats	
Calories from Carbohydrates	
Calories from Proteins	
% of Fats	
% of Carbohydrates	
% of Proteins	

<i>Food:</i>	
Fats (grams)	
Carbohydrates (grams)	
Protein (grams)	
Calories from Fats	
Calories from Carbohydrates	
Calories from Proteins	
% of Fats	
% of Carbohydrates	
% of Proteins	

<i>Food:</i>	
Fats (grams)	
Carbohydrates (grams)	
Protein (grams)	
Calories from Fats	
Calories from Carbohydrates	
Calories from Proteins	
% of Fats	
% of Carbohydrates	
% of Proteins	

<i>Food:</i>	
Fats (grams)	
Carbohydrates (grams)	
Protein (grams)	
Calories from Fats	
Calories from Carbohydrates	
Calories from Proteins	
% of Fats	
% of Carbohydrates	
% of Proteins	

<i>Food:</i>	
Fats (grams)	
Carbohydrates (grams)	
Protein (grams)	
Calories from Fats	
Calories from Carbohydrates	
Calories from Proteins	
% of Fats	
% of Carbohydrates	
% of Proteins	

<i>Food:</i>	
Fats (grams)	
Carbohydrates (grams)	
Protein (grams)	
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Calories from Proteins	
% of Fats	
% of Carbohydrates	
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Protein (grams)	
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% of Fats	
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Protein (grams)	
Calories from Fats	
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% of Fats	
% of Carbohydrates	
% of Proteins	